SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 30th May 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed 30 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Fri 01 **Track Session with Martin Morley details**
Dulwich College Track 7 for 7:15 start
fee £2 pay to Martin

Tue 05 **Track Session with Steve Smythe see below**
Dulwich College Track 7 for 7:15 start
fee £2 pay to Steve

For previous editions of SHORTS go to:
http://www.dulwichrunners.org.uk/newsletter.html

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

In your *SHORTS* this week !

2 Fixture List
4 Race reports etc
4 BUPA London 10K – A hot race !
5 Clare breaks Dulwich record!
7 Wednesday Night Map to print

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Jun 7 Victoria Pk. Assembly League
Jun 9/10 Welsh Castle relays
Jun 22 Club champs 1mile , Dulwich track
full fixture list & info page 2

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so don't forget to pay when you sign in. Thanks. - Ros

DULWICH TRACK SESSIONS

Track sessions back at Dulwich College Track.
Improve your speed & strength over all distances Tuesdays with Steve Smythe are suitable for all abilities.
Please start warm-up at 7pm and the session will actually start about 7.15pm on the grass with the last 30 minutes on the track
Cost is provisionally £1 as long as you pay on the night, £2 if don't pay on night. Subject to change if track hire costs aren't covered

NEW RUNNERS ROTA

Thanks to **Vicki Fong, Jessica Sale, Will Davis and Hugh Balfour** for taking out new runners last week. If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. **– Ros**

Joseph Brady	**30/05**
Susan Cooper	06/06
Kaylee Coxall	13/06
No Club Run – Dulwich 5k – Marshalls Needed 20/06	
Jozef Danko	27/06

LUCKY VEST

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening.

NEW KIT ***NEW KIT*** ***NEW KIT***

We now have new vests and short sleeved T shirts for men and women. I'll bring them down to the club tonight
Vests £18 - T shirts £20
Ros

DULWICH RUNNERS

Midsummer 5k
Dulwich Park
Wed 20th June
7:45pm

There will be no club run that evening so If you can help with marshalling the race it will be greatly appreciated.
You'll need to be at the start for around 7pm
let me know: barry@1bg1.com
Thanks to those that have already volunteered

CLUB FIXTURES 2011/12 - Club Champs , XCountry, etc.

Date			Event		Venue
Jun	Thu	7	Victoria Pk. Assembly League		Victoria Pk, Hackney start 7:30
		9/10	Welsh Castles Relays		Various
	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Battersea Park Assembly League		Battersea Park start 7:30
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Aug	Thu	2	Dulwich Pk Assembly League		Dulwich Park start 7:30
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Beckenham Assembly League		Beckenham start 7:15
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Cabbage Patch 10 has been confirmed as **21 Oct**,

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

MEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and provisional venues have now been agreed for next season's Surrey League cross country. These are:

20 October, Lightwater
10 November, Roundshaw Down
12 January, Cranford
9 February, Wimbledon Common

Mike

WOMEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and venues have now been confirmed for the women's fixtures as:

20 October, Roehampton Vale
1 December, Epsom Downs
12 January, Mitcham Common
9 February, Denbie's Vineyard

All fixtures will start at 12 noon with the exception of the Epsom Downs match, which will start later (time TBC)

Mel & Sue

DULWICH RUNNERS 2012 CLUB CHAMPS

See fixture list for races and dates etc.

Dates for some of the races are provisional, based on last years dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. - Mike Mann

POST CLUB CHAMPS SOCIALS

As an added incentive to participate in club championship races, post race refreshments are taking place after two of the summer races.

Following the Mark Hayes mile club champs at Dulwich College Track on 22 June, we are planning to adjourn to the Alleyns Head pub nearby, and after the Dry Hill 10 in Lingfield on 2 September a pub lunch is being organised (look out for further details of this nearer the time). ***Mike Mann***

ASSEMBLY LEAGUE:

The Assembly League is an informal series of races, open to all club members in which we compete against other local clubs.

Each race is around 5k. You don't need to register or pay to run, just turn up.

Next race is at Victoria Park on 7th June at 7:30pm. Details to follow.

7 Jun Victoria Park 7:30
5 Jul Battersea Park 7:30
2 Aug Dulwich Park 7:30
6 Sep Beckenham Sports Club 7:15

Charlie Lound

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name by 7:10

Don't just sit there salivating...join in ! - **Ros**

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

At the time of writing there are still places available for the Harvel 5 and Dorking 10

Kent Grand Prix and Championship Races

15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

FRIDAY Track Sessions
Dulwich College Track
7pm for 7:15 Start

Please remember this is aimed at all levels so that whatever your current pace is this will help you to improve and gain those PB's we all love

No previous track experience required just a desire to improve your running. Changing and toilet facilities available. Approximately 1 hour duration with focus on improving **your** speed and technique. £2 track fee on the day.

This is the ideal time to start track work if you have done a spring Marthon and looking at 10K's etc

Martin Morley

WELSH CASTLES RELAY

Provisional stage allocations have now been sent to all the runners. If anyone not running fancies a weekend in Wales, we are looking for additional minibus drivers as well as extra cars to help with the transport logistics.

Wednesday Running Maps

On page 7 in SHORTS you will find a copy of the map for this weeks runs.

There will still be some available at the clubhouse , but it would help if you can print your own copy and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

"The Big Jubilee Quiz Night"

Hi Everyone

Just a quick note to plug our 'Big Jubilee Quiz Night' at The Edward Alleyn Club on Friday 1st June!

To celebrate the Diamond Jubilee, we'll be providing a quiz night full of great prizes, lots of entertainment and a fantastic set of challenging questions, compered by our very own John Battle.

The night will begin at 7.30pm (quiz from 8pm) and refreshments will be provided.

Entry is £3 per person and teams are limited to four people for each team.

Please pass this message on and sign up early as you can as spaces are limited.

Looking forward to seeing you on the night!

Thanks - Rob

Race Reports & Results

BUPA British 10,000m, May 27

The Organisers invited the leading clubs in Britain to enter six runners for the British Championships to also ensure a good quality event. The prize money was all British and apart from some Japanese Olympic marathon runners testing the course, it was a domestic affair. Following our women finishing third in the South of England relays and winning British Masters titles, we did brilliantly to finish fourth which provisionally means the runners share a generous £500.

With temperatures in the 80s, and a course that despite looking flat and fast, doesn't yield quick times, most runners were a minute or more outside their targets. Shona had a solid run to lead us home and Clare Elms did well to finish so high after finding it hard on the second half. Charlie maintained her run of good form with a PB while Andrea and Ola aren't at their best at the moment they battled on very well.

The men struggled in positions in the team event and in their runs but Wayne Lashley ran exceptionally well to set a PB. Tony had a rare off-form run and struggled just ahead of a below par run from Dave Beaver. James Godber also found the second half hard as further back did Duncan. Steve Smythe dropped out citing reporting duties as his excuse.
5km times are given below – it was thought 5km may have been slightly long.

Women

18W/218 Shona McIntosh 36:52 (12th in Championships) (18:22, 18:30)

22W/244 Clare Elms	37:27	(16th) (18:24/19:03)
28W/273 Charlie Wood	38:08	(21st) (19:05/19:03)
63W/429 Andrea Pickup	40:30	(20:09, 20:21)
81W/514 Ola Balme	41:31	(20:23, 21:08)

Dulwich 4th/30 teams

Men

159 Wayne Lashley	35:32	(PB) (17:34/17:52)
199 Tony Tuohy	36:32	(17:41/18:51)
202 David Beaver	36:34	(17:58/18:36)
217 James Godber	36:51	(18:01/18:50)
307 Duncan Hussey	38:50	(19:07/19:43)

Steve Smythe dnf
Dulwich 32nd/45 teams

Surrey & Sussex Masters T&F Champs 5000m Ewell 26.05.12

My legs had not recovered from the last Green Belt stage down Box Hill and up to Ranmore, so I decide on a fall back for this track race of 21 minutes rather than the 20 I should have been going for. However, I had a couple of older runners to follow in the middle of the race and got just inside 20.30 with very tired legs.

Conditions were not bad, with enough breeze to take away some of the heat. The results initially strangely had an extra Surrey M55 in front who was not there so I left with a bronze medal but should eventually get it swapped for silver.

12 Andy Murray (2m55) 20:26.4

Bad Day at the Office – The Bupa London 10k, 27th May 2012

Tony Tuohy writes:.....So there I was, approaching 2k to go, desperation oozing from every pore alongside about 38 gallons of sweat (it was a tad warm) when I caught sight of our esteemed coach Steve at the roadside about to give me a shout of encouragement. He'd probably sussed by the long wait he'd had that 'Go for it, the PB is on!' was now totally inappropriate and had to quickly come up with an alternative pearl of wisdom. He settled on 'Keep going, you're well clear of the other Dulwich Runners!' Wayne had in fact left me behind at about 3k but you can't fault the coach for doing his best at very short notice to encourage me despite it being obvious I may well have been about to enter my final death throes. As it happened, every Dulwich Runner, their entire families, and their dogs, could have passed me at that point for all I cared.

It had all started so well. As we were part of the 'UKA Championship' invitation entry we didn't have to mix with the 15,000 hoi polloi in St. James's Park trying to find the baggage tents or fighting for the use of a toilet. Oh no, just for today we were pseudo-elite athletes and our changing rooms were in The Royal Academy just off The Mall as befitted our status. Mind you, when some skinny bloke called Mo tried to pinch my chair I gave him an earful, I can tell you. Apparently he didn't know who I was, can you believe that?!

I was bouncing up and down on the start line in anticipation, raring to go, because I'd been telling anyone who asked that I was in PB form, which was all the more galling when I realised inside the first mile that things were not going to go according to plan. When Wayne pulled away at 3k I still hoped that maybe I was just working so hard because he was having a blinder (to be fair, he did have a very good run) and as usual I resisted checking my pace until presented with the bleeding obvious – a big clock at 5k. The hoped-for 17.10 or so was in fact 17.40 and as I was already fading fast with the PB-hunt now a joke, I completely lost heart and the race effectively became a survival exercise. It was like a furnace out there (cauldron, inferno, bloody hot? Any of these will do). A further minute was lost in the last two miles and I recorded my slowest 10k since…… well, I can't remember, I think it was before the war.

Lesson one: never, ever announce to anyone outside your closest circle an intention to break a PB. In fact, don't tell anyone at all. Better still, keep it from yourself. It's a big fat recipe for disaster. And you will look stupid after the inevitable pear-shaped result.

Lesson two: as part of your careful tapering week, do not run an 800m race a few days before the 10k where your finishing effort results in seeing stars and your limbs shake so much afterwards that you can't undo your shoe laces for half an hour. I swear I was hallucinating for 24 hours after that race. It may have been only two and a quarter minutes but I've never felt like that after a longer distance race before – only an 800 can do that. I blame Debbie and Clare – they ran so fast it took a near death experience to beat them. I probably haven't recovered even now.

There was plenty of similar suffering by others in our little team, but some damn fine PBs from Wayne and Charlie. I think I will now go and ride my bike until I stop sulking and can face a 10k again.

CLARE BREAKS DULWICH RECORD
BMC/Cambridge H Open, May 25

Clare Elms took almost a second off her 800m PB and missed the British W45 record by half a second but she also, at 48, bettered Meredith Pannett's overall women's club record by 0.14 of a second.

Just ahead of her Tony Tuohy improved his PB in narrowly edging second claimer Debbie Niccol, who also set a PB. Behind Clare, Duncan Husseymade it almost a Dulwich event and ran his fastest 800m for some time, though he has run around 15 seconds faster close on 30 years ago!

Almost as impressive as his Mum's run was Alex Elms' performance as he just missed out on winning his race. Aged just 11 he
took 9 seconds off his PB with 2:20.99 and in his first month of track running that currently ranks him in the top 10 U13s in the whole of Britain.
4

In the next race, Steve Smythe won against a mixture of very young and very old, on 40 years to the day he had won the Lewisham Schools 800m junior boys event on the same track. He was 11 seconds slower this time though. Chasing him in second was Oscar Hussey who set a PB.

800m BMC C:

2 Tony Tuohy	2:14.31 (PB)
3/1W Debbie Niccol (2nd claim)	2:14.35 (PB)
4/2W Clare Elms	2:15.50 (PB) (Dul.wich women's record)
5 Duncan Hussey	2:17.71

800m Camb H race 2

2 Alex Elms	2:20.99 (PB)

800m Camb H race 3

1 Steve Smythe	2:29.64
2 Oscar Hussey	2:33.06 (PB)

Blackheath & Bromley Open, May 28

Despiter an exorbitant £6 on the day, they still haven't produced results as per Wednesday morning.

Clare Elms ran her fastest 1500m this summer of 4:40 almost identical to the fastest by a W45 this summer and good running the day after a hard 10k.

Alex Elms took 10 seconds off his best to run 4:51 which puts him in the top 20 U13s in Britain.

Steve Smythe ran his slowest time for 43 years. Andrea had a solid run while Oscar won his 800m race but out on his own and after a fast start couldn't match his time of 5 days earlier.

Approx

1500

Clare Elms	4:40
Alex Elms	4:51
Steve Smythe	5:09
Andrea Pickup	5:20

800

Oscar Hussey	2:34

Southern Vets League, Dartford, May 27

Clare Elms took it easy for a lap then kicked the second to win by 6 seconds. Ros just did enough to win in her first track race for a month following injury.

W35 800m: 1 Clare Elms	2:24.5
W50: 800m: 1 Ros Tabor	3:07.4
Non scoring 800: 1M50 Steve Smythe	2:32.7

Windrush Aquathlon Brockwell Park 27 May

Although this was the first (and only) Aquathlon I had entered this season, it wasn't the first one I have done. The Sevenoaks Triathlon at the end of April became an Aquathlon when they cancelled the bike section half an hour before the start, because of the torrential non stop rain and dangerous conditions. The conditions could not have been more different at Brockwell Park on Sunday.

Windrush Triathlon Club put on a low key, friendly and well organised event with technical t-shirts, medals, free energy gels and loads of homemade biscuits, flapjack and fruit at the finish. Mike who was kindly supporting me after his Sunday run, ate all mine. The 70 competitors set off in 4 waves to swim 10 lengths of the 50m unheated Lido. Because of the unseasonal weather there was hardly a wet suit in sight - the water temperature had risen from 14 degrees last week to 21 degrees. I nearly got the 2 minute time penalty as I automatically started to run on exiting the pool, but fortunately remembered we had to walk to transition!

Two identical laps of the park (not the old or new parkrun courses) comprising hills on the first half and lots of obstacles, including the man pushing the miniature railway/train stuff which took up the whole path, made the run quite tough! However, it was nice to be finished soon after 10am lazing in the sun watching the queue outside the Lido grow and grow.

I knew there weren't many vets entered and the announcer said there would only be one prize for female and male vets over 40, fair enough. So when she did the reverse order thing and called my name out in 2nd place I didn't go up for the presentation and the announcer groaned that no one was around. "Am I supposed to come up?" I ventured, er, *YES*! So I was quite chuffed to discover I was not 2nd Vet but 2nd woman overall (out of 34 women, nearly half the field). I was also 1st vet and got medals for both and a good prize for 2nd. I assume this is a case of age and experience over youth!

My time was 36mins 29secs. The swim time including transition 12.19 and my run time 24.10. If you are interested, the first male took 26 minutes!

Clare Wyngard

5km Results for May 26th

Bromley

1 Ben Fairhall	16:05
10 Mike Fullilove	19:13
60 Martin Morley	21:39
102 Dave Harbage	23:05 (PB)
113 Jane Harbage 11W	23:20
118 Colin Frith	23:34

327 finished

Banstead

Long time Dulwich second claimer Jo Quantrill completed her 100th parkrun at the weekend so Clare and I took the opportunity of a potentially blank weekend locally to go and support her at her home venue. It was a red letter day of sorts for me too because I crossed the 250 mile mark of parkruns in the course of the race (it was my 81st so standing on the start line I had, by my reckoning, completed 248 miles).

Clare and I were running Banstead for the 2nd time and we both ran pbs although this is not quite as impressive as it might sound because our course debuts were on New Years day when it was the first leg of a 'parkrun double'.

So, over and above the facts that on this occasion
(i) we weren't being plied with alcohol at Bob Bell's house a mere 6 hours earlier
and
(ii) we didn't have to hold anything back to start all over again less than an hour later the course itself was much firmer underfoot and the temperature, whilst it had been relatively mild for our winter outing, was more conducive to faster running this time. In fact, on a day when, even at 9.00 a.m., it could easily have been too hot on a more exposed course the canopy of trees in the woods kept things nice and cool throughout.

Clare's pb was less emphatic than mine because she actually was holding a little in reserve for her aquathlon at Brockwell Park on the following day (see elsewhere). Another attraction of Banstead for her, out of the choice of parkruns available on the day, was that she didn't much fancy running two 5ks around Brockwell on consecutive days. Meanwhile Jo was very nearly two minutes off her course pb but still had the highest age grading in the whole race at over 78% except for the two VM 45-49s who battled it out for the top two places.

Banstead parkrun is well worth a visit then for those seeking a change from the usual DR circuit especially those living towards the southern end of our catchment area. It's not so far way and the roads are very quiet on the way there whilst most of South London is still in bed, not quite so much on the return journey, of course.

29 Mike Dodd	22:30
45 Jo Quantrill	23:30
56 Clare Wyngard	23:54

168 finishers

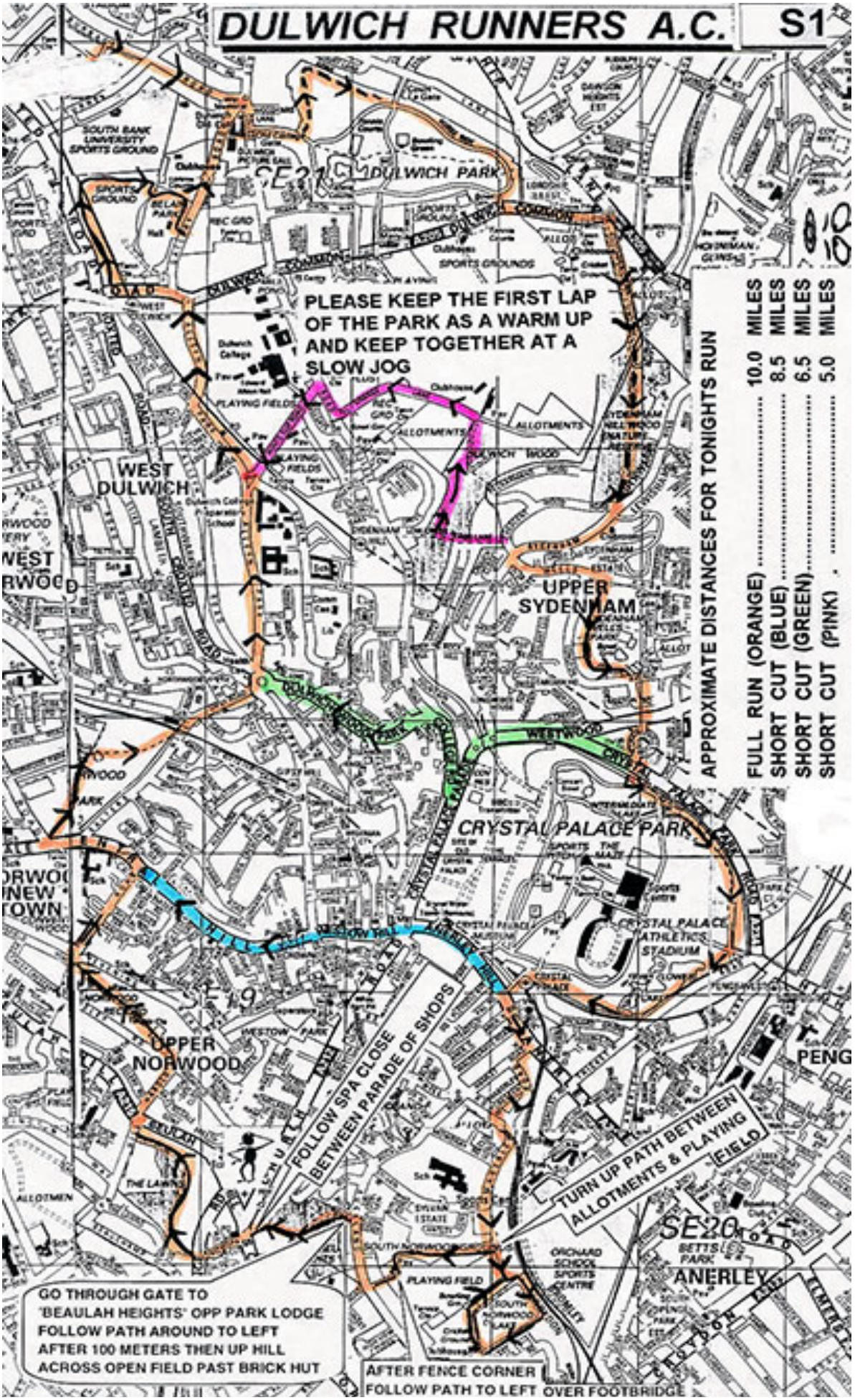
Mike Dodds

Greenwich

4 Steve Smythe	18:59

98 finished

No Crystal Palace or Dulwich results, no races on the 26th
Currently Will Davis leads the Crystal Palace men's points and Ian Sesnan the Dulwich points. Mel Edwards is a close 2nd in Dulwich women's points and Jane Harbage is third in Crystal Palace points


DULWICH RUNNERS A.C.
S1
PLEASE KEEP THE FIRST LAP OF THE PARK AS A WARM UP AND KEEP TOGETHER AT A SLOW JOG
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 10.0 MILES
SHORT CUT (BLUE) ..... 8.5 MILES
SHORT CUT (GREEN) ..... 6.5 MILES
SHORT CUT (PINK) ..... 5.0 MILES
DULWICH PARK
WEST DULWICH
UPPER SYDENHAM
CRYSTAL PALACE PARK
CRYSTAL PALACE ATHLETICS STADIUM
UPPER NORWOOD
ANERLEY
FOLLOW SPA CLOSE BETWEEN PARADE OF SHOPS
TURN UP PATH BETWEEN ALLOTMENTS & PLAYING FIELD
GO THROUGH GATE TO "BEAULAH HEIGHTS" OPP PARK LODGE FOLLOW PATH AROUND TO LEFT AFTER 100 METERS THEN UP HILL ACROSS OPEN FIELD PAST BRICK HUT
AFTER FENCE CORNER FOLLOW PATH TO LEFT OVER FOOTBRIDGE